



# T.W. PONESSA & ASSOCIATES

---

COUNSELING SERVICES, INC.

## Family Support Group & Educational Group

for family members affected by substance abuse disorders.

- ◆ Has your family been touched by the heroin epidemic?
- ◆ Are you or other family members feeling uncertain and confused or alone?
- ◆ Do you or a loved one feel overly stressed or feel that life is unraveling?
- ◆ Do you need a safe place to share your concerns?

If you answered yes to anyone one of these questions , the **Family Support Group** may be right for you.

The **Family Support Group** is offered Monday evenings, free of charge at the T.W. Ponessa & Associates Lancaster location.

- ◆ Do wish you had a better understanding of addiction?

- **Learn about addiction and the brain.**

- ◆ Do you wonder how your role as a family member can impact the life of your loved one addicted to drug use?

- **Learn about Co-Dependency**

- ◆ Are you equipped to handle a heroin overdose?

- **Learn how to use Narcan**

You can find the answers to these questions and others, at T.W. Ponessa & Associates free **Educational Group** for family members of those inflicted with substance use disorders on Wednesday evenings.

Limited seating available. Please call **717-560-7917** for more information and the specific times, of the free groups being offered to the Lancaster community.

Presented by **T.W. Ponessa & Associates Center of Excellence**  
410 N. Prince St. Lancaster, PA 17603